



Player Development Model

U7 Program



Player Development Model U7 Program



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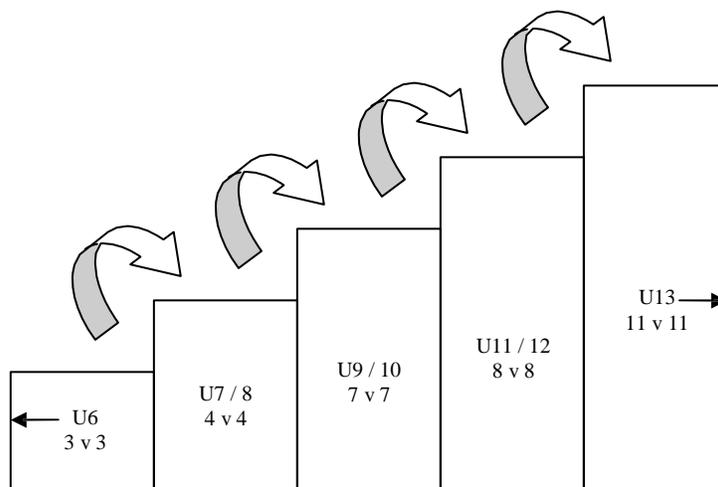


Introduction

“Experience is the name everyone gives to their mistakes.”
Oscar Wilde

The CSS Player Development Model presented here has been designed to provide coaches with a structured guideline for the development of the U6 player within the game of soccer. The goal of this program is to act as a resource for coaches to provide a consistent delivery of basic knowledge and skill development to our young players.

The activities provided herein are designed with BCSA and CSA coaching certification guidelines in mind.



BCSA Stairway of Development

The overall objective of any mini-soccer program should be to foster and encourage sportsmanship, education, skill development, and respect for teammates, opponents and referees in a fun, relaxed and supportive and player centered environment. Sport should be a fun and positive experience for everyone.

Your overall goal as a mini soccer coach is to create this environment and monitor the development and enjoyment of each player under your charge. You want to keep your young charges in the game. This program will help you to accomplish this.

Please become familiar with the following pages and be sure to contact us with any questions or concerns you may have in regards to the information presented here or for any soccer related issue in general.



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Benefits of Small - Sided Soccer

Numerous benefits of small sided soccer have been documented by a number of authorities. A few of the most significant benefits have been provided here for you. While many of these benefits seem like common sense you must consider the fact that many countries still have 6 and 7 year old players playing 11 v 11 on a full field. Keeping the game simple is one of the best ways we can encourage our youth players to develop the essential skills needed to enjoy the game for their life time.

These benefits are listed in no particular order:

- Y More touches of the ball by every player on the field
- Y Fewer players on a smaller field means the game is easier to understand (simple decisions) for both the coach and the player.
- Y Basic tactical awareness can therefore be more easily observed by the coach and communicated to the players.
- Y Players gain a lot of practical experience by encountering the same tactical situations repeatedly over the course of the game (in its most basic form these tactical situations represent 1v0 and 1v1 encounters – two areas where Canadian players are considered weak at an international level).
- Y Players participate in both attacking and defending during the game. As they gain this experience, players get a better feel for the roles they like best.
- Y Players are allowed to express themselves more freely due to their greater involvement in the game. This can lead to improved self-confidence in all aspects of a player's life.
- Y Players are actively involved in the game making it more fun; players develop best when they enjoy themselves.
- Y Greater enjoyment leads to increased participation which results in more consumers of the game beyond this age group.
- Y The progressive, simple to complex, approach to developing the game with young players supports the educational research regarding the way in which children learn best.



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Characteristics of Development

These characteristics cover outline some of the physical, emotional and psychological needs of players aged 5 to 6 years. These characteristics should be taken into consideration when planning your practice and interacting with the children.

The belief and confidence these young athletes feel towards their abilities in the game of soccer will rely largely on your ability as a coach to determine what is and is not appropriate for players at their age and ability. A positive and successful experience this year will leave the children wanting to experience that environment again and again.

Characteristics	Recommendations
Lack of gross motor coordination skills.	Simplify activities to include larger, less refined movements. Incorporate simple co-ordination activities into the session – hops, twists, turns, jumps etc...
Strong visual and kinesthetic learners with a short attention span.	Sessions should include lots of movement and activity. Allow children a great deal of hands-on practice with the skills that serve as building blocks for more complex skills. Use visual aids often (i.e. demo the activity) and keep explanations brief (10 seconds) and well organized.
In-efficient cooling system.	Quick and frequent water breaks – can you make this fun!
Very sensitive to criticism / sense of inferiority.	If players feel like they can't do something they will often give up and remove themselves from that activity. Avoid using words phrases such as "you can't do that", "don't do that", "that was wrong"...instead try "that was great...now can you show me a different way?", "did that do what you wanted it too...? No...that's ok here's a trick that might work."
Enjoyment with success and being praised for it. Need for individual attention.	Adjust activities to ensure players are achieving a lot of success. Ensure you praise each child personally and often (John...high five, Billy...thumbs up...Matt...that was fantastic!)
Influence of parents, teachers, coaches.	Be a role model to the children and encourage parent participation often.



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Coaching Methodology

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”
Aristotle

Coaching soccer well is a difficult thing to do especially with young children. Generally the most successful coaches of young players are those who do not try to show them everything they know but, instead, allow players to explore the game for themselves and simply scaffolds and guides that learning process. Knowledge of the game is not essential to the successful development of youth players. If you can provide a safe and nurturing environment that supports failure (the only process for learning something new) and encourages creativity and critical thinking you will have the best environment for successful players to flourish.

Below are some key points that should guide you when planning and coaching any session with young players:

- Y Nothing a child does at this age is ever wrong...it is all part of the learning process. A fear of failure is often the most significant factor in a child's lack of development. Players should be encouraged to experiment through failure, and to learn by doing.
- Y The basic skills of the game are essential, but enjoying playing the game is even more essential – all sessions should be “fun with a purpose”.
- Y Guided learning (“Show me how...”) rather than Directed Learning (“Do it this way...”) will engage players in the process and encourage them to take responsibility for their own development outside of the practice environment.
- Y You are looking to develop an independent spirit in each player...too much direction makes young players dependant on the coach for learning and discourages them from problem solving on their own.
- Y Players feed off of positive energy – reward good behaviour or skill execution, make that player feel special for doing something well and all the others will work for that reward as well. Avoid punishing negative behaviour or skill execution.
- Y Successful players will gladly show other how to do something – encourage peer coaching often.
- Y Decrease the time spent in transition between activities, drills and games, all players should be active as often as possible. Keep practices short, clear, well planned and focused on one theme.
- Y Find a way to keep the parents involved, but set some basic guidelines.
- Y Lead by Example – calm, thoughtful coaches tend to have calm, thoughtful players



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Y Be **ENERGETIC**, **ENTHUSIASTIC** and **ENCOURAGING**...it's contagious!



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Law 3 The Number of Players: If the goal is 2.438 x 1.524 Meters / 8 foot wide by 5 foot high the match is played by two teams, each consisting of four (4) players, one of which is a goalkeeper. Players will take equal turns to play in all field positions including the goalkeeper position that must be rotated at half time. It is not necessary that all players play in the goalkeeper position during a single game. If the goal is smaller than 2.438 x 1.524 Meters / 8 foot wide by 5 foot high, the match is played by two teams each consisting of not more than three (3) players. There is no goalkeeper.

Substitutions: At any stoppage, substitutions are unlimited and must be done with the officials' permission.

Playing time: All players SHALL play equal playing time.

Law 4 The Players Equipment: Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams. The goalkeeper should wear a colour that distinguishes him/her from both teams. Shin guards are mandatory and must be worn under the socks. Jewelry is not permitted.

Law 5 The Referee: A Class 5 referee or nominated person may be used. The referee's role is to keep players safe and ensure that the game is played under the "fair play" code. A Class 5 or higher official can send a team official from the field if they fail to conduct themselves in a responsible manner.

Law 6 The Assistant Referees: None required, the referee or nominated person decides as to which team the throw in is awarded to.

Law 7 The Duration of the Match: The match shall be divided into two (2) fifteen (15) minute half's. There shall be a five (5) minute break between half's.

Law 8 The Start and Restart of Play: Conform to FIFA, with the exception of the opponents of the team taking the kick-off are at least five (5) meters from the ball until it is in play. Dropped balls are not part of Small Sided Games Program at this age group and an indirect free kick will be awarded to the team who had possession when the play was stopped.

Law 9 The Ball In and Out of Play: Conform to FIFA.

Law 10 The Method of Scoring: Conform to FIFA.

Law 11 Offside: None.



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- Law 12 Fouls and Misconduct: Conform to FIFA with the exception that all fouls shall result in an indirect free kick. The referee or nominated person must explain ALL infringements to the offending player. No cards shown for misconduct. An indirect free kick is awarded to the opposing team at the center spot on the halfway line if a goalkeeper punts or drop-kicks the ball in the air from his/her goal area into the opponents goal area. No cards shown for misconduct. If a player intentionally strikes, deliberately kicks or spits at an opponent, this player must be substituted and will not be permitted to participate further during the game. The coach should inform the player as to why and correct these actions.
- Law 13 Free Kicks: Conform to FIFA with the exceptions that all kicks are indirect and all opponents are at least five (5) meters from the ball until it is in play.
- Law 14 The Penalty Kick: None.
- Law 15 The Throw-In: Conform to FIFA.
- Law 16 The Goal Kick: Conform to FIFA except that: it shall be taken from anywhere within the goal area. Opponents must remain at least five (5) meters away from the ball until it is in play. Unlike FIFA a goal cannot be scored directly from a goal kick.
- Law 17 The Corner Kick: Conform to FIFA with the exception that opponents remain at least five (5) meters from the ball until it is in play. Unlike FIFA a goal cannot be scored directly from a corner kick.



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Fair Play Code for Coaches

Integrity, fairness and respect – these are the principles of fair play. With them the spirit of competition thrives, fuelled by honest rivalry, courteous relations and graceful acceptance of the results. A fair play coach believes and teaches that sport is an ethical pursuit, one which builds character and shapes attitudes.

Please read and agree to the following statements. Provide a signed copy to your age group coordinator and to each player you work with. Keep the original for yourself.

1. I will be reasonable when scheduling games and practices remembering that young athletes have other interests and obligations.
2. I will teach the athletes I work with to play fairly and to respect the rules, officials and opponents.
3. I will ensure that all athletes get equal instruction, support and playing time.
4. I will not ridicule or yell at my athletes for making mistakes or for performing poorly.
5. I will remember that children play to have fun and must be encouraged to have confidence in themselves.
6. I will make sure that equipment and facilities are safe and match the athletes' age and abilities.
7. I will remember that children need a coach they can respect.
8. I will be generous with praise and set a good example.
9. I will make a personal commitment to obtain proper certifications, to be informed about the principles of growth and development of children and to continue to upgrade my coaching.
10. I will respect the authority of the club and participate in programmed activities.

Coaches Signature

Date

Fair Play – Please!

Fair Play:
For the good of the game!



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Fair Play Code for Athletes

Please have each player understand the following statements. Collect a signed copy from each player you work with. Players should keep the original.

1. I will participate because I want to, not just because my parents or coaches want me to.
2. I will play by the rules and in the spirit of the game.
3. I will control my temper – poor behaviour can spoil the activity for everybody.
4. I will treat everyone the way I would like to be treated. I will not bully or be unfair to any player.
5. I will work just as hard for myself and my team. My performance and that of my team will benefit because of my efforts.
6. I will remember that the goals of the game are to have fun, improve my skills, make friends, feel good and do my best.
7. I will be a good sport. I will cheer all good plays whether my teams' or the opponents'.
8. I will co-operate with my coach, teammates and opponents, because without them I don't have a game.

Athletes Signature

Date

Fair Play – Please!

Fair Play:
For the good of the game!



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Fair Play Code for Parents

Please have each parent / guardian read and agree to the following statements. Collect a signed copy from each parent / guardian of the players you work with. Parents should keep the original.

1. I will not force my child to participate in sports.
2. I will remember that my child plays organized sports for their enjoyment, not mine.
3. I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
4. I will teach my child that an honest effort is as important as winning, so that my child will never feel defeated by the outcome of a game or event.
5. I will turn defeat into victory by my child work toward skill improvement and good sportsmanship.
6. I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
7. I will never ridicule or yell at my child for making a mistake or losing a competition.
8. I will remember that children learn best by example. I will applaud good plays by both my child's team and their opponents.
9. I will not question the officials' judgment in public and never their honesty.
10. I will support all efforts to remove verbal and physical abuse from children's sporting activities.
11. I will respect and show appreciation for the volunteer coaches who give their time and resources to provide sport activities for my child.

Parent / Guardian Signature

Date

Fair Play – Please!

Fair Play:
For the good of the game!



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Season Plan

We have provided a basic season plan here. Practice plans covering 15 weeks of instruction are included with this. It is expected that the season will run for 20 weeks. You may want to program these weeks with “games only” practices or mix and match some successful activities from previous practices and incorporate them during this time.

Week 0

Team meeting - provide expectations regarding attendance, player dress code, schedule of practices/games, behaviour at practices and games for both parent and child etc...

Week 1 to 6

Dribbling / Shielding – 6 plans have been provided for you

Week 7

Flex week – review a previous session, play “games only” or progress to the next theme

Week 8 to 11

Passing and receiving – 4 plans have been provided for you

Week 12

Flex week - review a previous session, play “games only” or progress to the next theme

WINTER BREAK

Week 13

Flex week - review a previous session, play “games only” or progress to the next theme

Week 14 to 18

Finishing – 5 plans have been provided for you

Week 19

Flex Week - review a previous session, play “games only”

Week 20

Flex Week - review a previous session, play “games only”

Week 21

Team Wrap-up party!



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Practice Plan

Fifteen practices have been planned for you; they are focused on developing key techniques for players in this age group. Each planned practice will serve well on its own but should be considered as part of the overall season plan (each session builds on the previous one). Your challenge as the coach will be to personalize each practice to the suit the needs of the players (i.e. appropriate to current ability level and relevant). Each plan follows a standard structure. This structure is consistent with the recommended guidelines from the British Columbia Soccer Association. Each phase of the practice is described below with a recommended time allotment during a 1 hour session.

After each practice you should take a few minutes to reflect on the session you just conducted. Ask yourself what has worked or not worked, and then decide what you could do to improve that session the next time. Jot some notes down on the back of the practice plan and file it away. While seemingly tedious now, these thoughts will pay great dividends when planning and conducting future sessions.

Phase	Description
Warm-up (5 to 10 minutes)	General movement, coordination and dribbling activities intended to elevate the core body temperature of the player before engaging in “explosive” activities. Proper warm-ups will help players avoid long term injuries and build good habits for the future.
Technique Practice (5 to 10 minutes)	Players practice a specific technique in an unopposed activity. This allows for a lot of successful repetitions. For the purposes of practices with the U6 age group these activities have been blended with the warm-up.
Game Related Skill Activity (15 to 20 minutes)	Players practice a specific technique against opposition or while under pressure. Activities should be built up to game realism slowly, ensure players are having sufficient success before progressing to more complex activities.
Small Sided Game (20 minutes)	Players can now practice their skills in a game situation. SSG’s at the U6 age group would include 1v1, 2v2 or 3v3.
Cool Down (2 minutes)	Players transition their bodies from a high activity level to a low activity level using low intensity gross coordination body movements. Proper cool downs help to instill good habits for the future and can prevent long term injury.
Home Work	Players are assigned basic technique/skill work to perform on their own time. This is an essential part of encouraging players to take ownership of their own skill development and will make you job as a coach easier. A 15 week plan for homework assignments is provided for you



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Homework Assignments

Homework assignments are a great way to engage players in taking responsibility of their own development. Some homework assignments have been provided for you. These have been planned with the season plan in mind and are intended to enhance the players learning from that specific week. Each task should not require more than 5 minutes a day.

- Week 1 How many times can you stop and start the ball in 30s?
- Week 2 Practice 2/3 turns with both feet.
- Week 3 Keep control of the ball and see how many turns you can do in 30s.
- Week 4 With a friend or parent, practice beating a defender 1v1.
- Week 5 Practice beating a defender 1v1 – how many different ways can you do it?
- Week 6 Practice keeping the ball away from someone in a small space.
- Week 7 Experiment shooting the ball low at a target using various techniques.
- Week 8 Experiment shooting the ball high at a target using various techniques.
- Week 9 Practice beating a defender with the ball to have a shot at a target
- Week 10 Practice passing the ball using various techniques
- Week 11 Practice passing the ball while you are moving using various techniques.
- Week 12 Practice any of the previous activities that they would like to practice.

Parents need to be actively involved in their child’s completion of the task. Parents and players should sign a record of completion as confirmation of their homework. Track this over the course of the season, awards could be given for the most minutes of practice.

Example – Record of Completion

I _____ (player name) confirm that I have practiced the task of:

I have practiced this task for _____ minutes since our last session.

Player

Parent / Guardian



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Coaching & Practice Tips

Some basic tips and trick that may help you over the course of the season.

- Y Each practice plan can be run in an outdoor or indoor environment. Cones can be used to mark out areas and goals when outside. Natural markings on the gym floor and benches can be used distinguish areas and goals when inside.
- Y Plan you sessions with transition between activities in mind. To minimize the time spent moving from one activity to another set up your entire area before the players arrive.
- Y Feel free to reorganize your activity once it has already begun. Change it to get what you want.
- Y Have an activity for the players to do as they arrive at practice (1v1's, juggling tasks etc...). Most players will either stand around doing nothing, or get a ball a kick it hard (safety hazard).
- Y Kick and run soccer does not develop essential skills for life long success in the game, close control, dribbling, accurate passing and shooting and ball possession does – encourage your parent group to reinforce this from the sidelines
- Y By encountering the same situation many times (repetition) players learn to problem solve on their own. This will help develop more creative, independent and responsible players.
- Y Ensure players get enough time to deal with training tasks. This will allow them to find individual solutions to problems posed in the game (be patient).
- Y When explaining training tasks keep it short and simple (KISS) and allow all players to hear the explanation and see the demonstration.
- Y When correcting a mistake ensure that you are correcting an obvious mistake that is often repeated. Show corrections to the whole group only if several players are making the same mistake.
- Y Use this method when correcting:

STOP	Players stop completely and are attentive
DEMO	Players see the correct movement / skill
REHEARSE	Players practice what they have just seen
GO LIVE!	Players get back into the game.
- Y Always think of safety first. Shin pads and proper footwear must be worn at all times. Gym floors are slippery, benches can tip over, certain cones can be a hazard and balls can trip players. Use common sense when setting up your area and you will avoid a lot of accidents.



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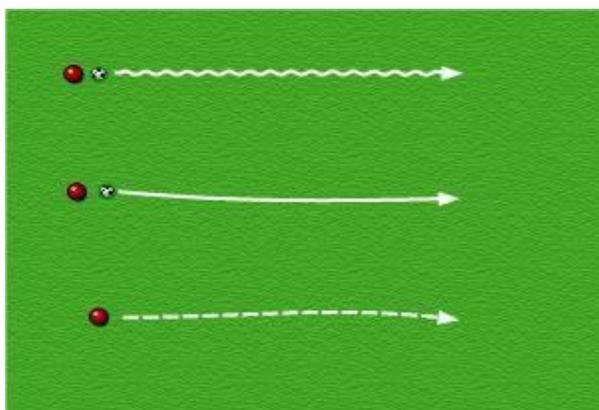


Appendix

The following pages contain planned practices for 15 weeks of the season. These practices are meant as guidelines, you should look to improve each plan to suit the specific needs of the players you work with. Each session builds on the previous one and should be studied and understood before being coached.

After each session reflect on the practice. How did the players like the activities, what went well, what should be improved for next time, which player had difficulties etc... Reflection will help you improve your planning and delivery as a coach.

The diagram below describes the various types of arrows that are displayed in the practice plans and what they represent.



Squiggly Line	Path of a player dribbling a ball
Solid Line	Path of a ball traveling on own (i.e. a shot or pass)
Dashed Line	Path of a player with out the ball (i.e. a run into space)

Please feel free to contact your age group coordinator or director of player and coach development should you have any questions regarding this program or the plans contained within.

Good luck with your season!



Player Development Model

U7 Practice Plan

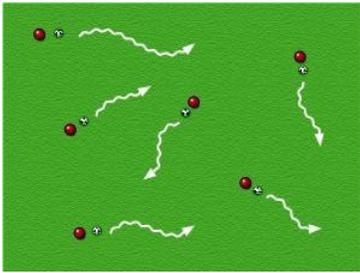


Session Theme: Dribbling the Ball – Session 1

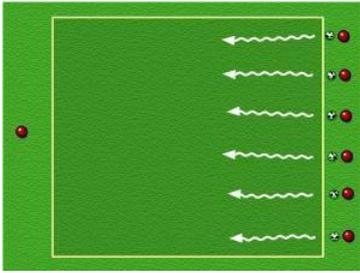
Session Objective: PWBAT use both feet to stop and start with the ball

- Key Points:
1. Tiny touches
 2. Stop quickly
 3. Start quickly

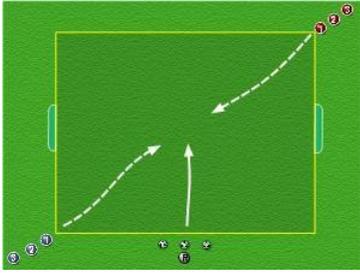
Mixed Bag (20 minutes) Warm-Up and Technique Practice

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 20yd area or ½ a gym</p>	<ul style="list-style-type: none"> • Move around with ball at feet • Use both feet to experiment various stops and starts with the ball • On coaches cue players will stop the ball and execute 6 toe taps (bottom of foot touches top of ball) then dribble again 	<ul style="list-style-type: none"> • Reinforce key points • Encourage players to experiment with variety • Ensure quality toe-taps...firm contact between foot and ball.

Red Light – Green Light (20 minutes) Game Related Skill Activity

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area or full gym</p>	<ul style="list-style-type: none"> • A player is the “traffic light” and is located at the top of the area (diagram). • When the “light” turns their back to the group and shouts “green light” players dribble the ball forwards. • When the “light” shouts “red light” and turns to face the group players must stop their ball. • Players caught “running” on a red light must begin again from the starting line. • The first player to cross the end line becomes the next ‘light’. 	<ul style="list-style-type: none"> • Encourage parent participation in this activity. • Encourage the key points and variety in execution • Players must successfully stop ball to be safe. Allow a small time cushion to stop if needed (i.e. 2 seconds). • Progression: the ‘light’ must stay silent. Players must stop when they see the light turn to face them.

The Numbers Game (20 minutes) Small Sided Game

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area or full gym</p>	<ul style="list-style-type: none"> • Players are split in to two balanced teams and numbered off • Each team at a corner to start. • The coach will send a ball in from the sideline and call out a number. The players with that number will then try to win the ball and score on the opponents’ goal. • Play is continuous until a goal is scored, the ball is out of play or the coach calls a new number 	<ul style="list-style-type: none"> • Encourage use of practiced skills (bonus points for doing so) • Call more than 1 number to encourage team play. • Finish the last 10 minutes playing 3v3 and begin to introduce players to the official rules of the game • Add fun elements if needed (i.e. holding hands)

Clean up like a Monkey (2 minutes) Cool Down



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U7 Practice Plan



Session Theme: Dribbling the Ball – Session 2

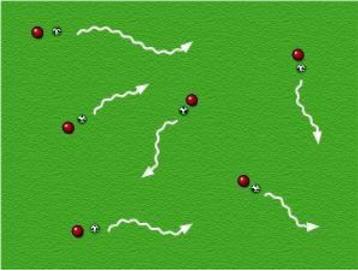
Session Objective: PWBAT use both feet to stop, start and change direction with the ball

Key Points:

1. Tiny touches
2. Lots of touches
3. Varied technique

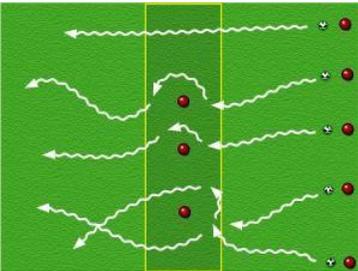
Mixed Bag (20 minutes)

Warm-Up and Technique Practice

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 20yd area or ½ a gym</p>	<ul style="list-style-type: none"> • Move around with ball at feet • Demo homework activity, players can demo various techniques and coach each other • Use both feet to experiment various changes of direction with a stationary ball • On coaches cue players will stop the ball and execute 6 toe taps (bottom of foot touches top of ball) then dribble in a different direction again 	<ul style="list-style-type: none"> • Reinforce key points • Encourage players to experiment with variety • Ensure quality toe-taps...firm contact between foot and ball. • Encourage a change of direction to avoid other players.

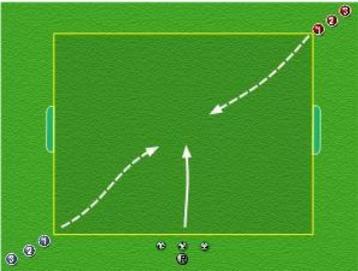
Sticky Seaweed (20 minutes)

Game Related Skill Activity

Activity Details	Player Tasks	Coaching Tasks
 <p>15yd x 20yd area or ½ a gym</p>	<ul style="list-style-type: none"> • A player, “sticky seaweed”, starts in the section in the middle of the area. • The “sticky seaweed” is restricted to moving from one “planted” foot only. • The other players, “fish” try to dribble to the other end of the area. • If the “sticky seaweed” touches the fish’s ball then that fish now becomes “sticky seaweed” too. 	<ul style="list-style-type: none"> • Encourage parent participation for this activity • Encourage the key points and variety in execution • Players must successfully avoid seaweed to be safe. • Adjust the size of the area to vary the difficulty of the activity.

The Numbers Game (20 minutes)

Small Sided Game

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area or full gym</p>	<ul style="list-style-type: none"> • Players are split in to two balanced teams and numbered off • Each team is given a corner to start from. • The coach will send a ball in from the sideline and call out a number. The players with that number will then try to win the ball and score on the opponents’ goal. • Play is continuous until a goal is scored, the ball is out of play or the coach calls a new number 	<ul style="list-style-type: none"> • Encourage use of practiced skills (bonus points) • Call more than 1 number to encourage team play. • Finish the last 10 minutes playing 3v3 and begin to introduce players to the official rules of the game • Add fun elements if needed (i.e. holding hands)

Clean up like a Tiger (2 minutes)

Cool Down



Player Development Model

U7 Practice Plan



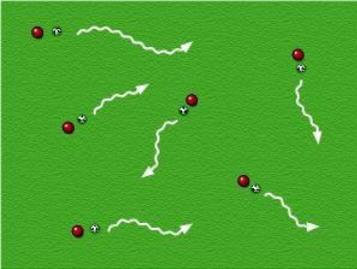
Session Theme: Dribbling the Ball – Session 3

Session Objective: PWBAT use both feet to turn and change direction while dribbling

- Key Points:
1. Tiny touches
 2. Quick Decisions
 3. Varied technique

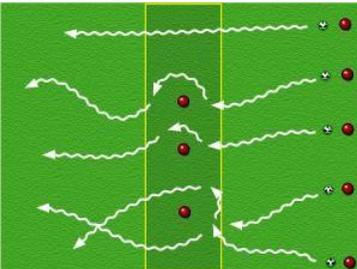
Mixed Bag (20 minutes)

Warm-Up and Technique Practice

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 20yd area or ½ a gym</p>	<ul style="list-style-type: none"> • Move around with ball at feet • Demo homework activity, players can demo various techniques and coach each other • Use both feet to experiment various changes of direction while dribbling • On coaches cue players will stop the ball and execute 6 side to side passes (passing the ball from the left foot to the right foot) then dribble in a different direction. 	<ul style="list-style-type: none"> • Reinforce key points • Encourage players to experiment with variety of technique and speed • Ensure quality side to side passes...short, crisp contact between feet. • Encourage a change of direction to avoid crowded areas and move into space

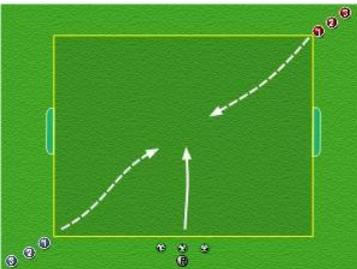
Crab Soccer (20 minutes)

Game Related Skill Activity

Activity Details	Player Tasks	Coaching Tasks
 <p>15yd x 20yd area or ½ a gym</p>	<ul style="list-style-type: none"> • A player, “crab”, starts in the section in the middle of the area. • The “crab” is restricted to moving around on their hands and feet with their tummy facing up. • The other players, “fish” try to dribble to the other end of the area. • If the “crab” touches the fish’s ball then that fish now becomes a “crab” too. 	<ul style="list-style-type: none"> • Encourage parents to join in • Encourage the key points and variety in execution • Players must successfully avoid the crabs to be safe. • Adjust the size of the area to vary the difficulty of the activity. • Progression: crabs may be free to move outside of the middle section

The Numbers Game (20 minutes)

Small Sided Game

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area or full gym</p>	<ul style="list-style-type: none"> • Players are split in to two balanced teams and numbered off • Each team is given a corner to start from. • The coach will send a ball in from the sideline and call out a number. The players with that number will then try to win the ball and score on the opponents’ goal. • Play is continuous until a goal is scored, the ball is out of play or the coach calls a new number 	<ul style="list-style-type: none"> • Encourage use of practiced skills (bonus points) • Call more than 1 number to encourage team play. • Add fun elements if needed (i.e. holding hands)

Clean up like an Elephant (2 minutes)

Cool Down



Player Development Model

U7 Practice Plan



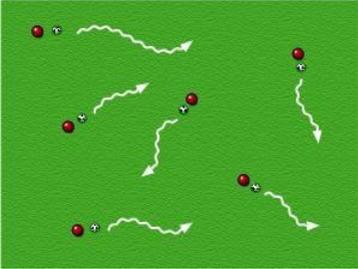
Session Theme: Dribbling the Ball – Session 4

Session Objective: PWBAT get past a defender while dribbling

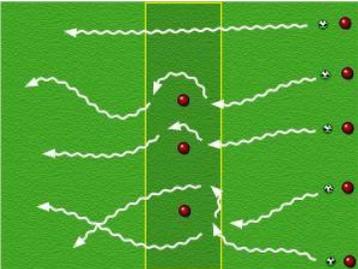
Key Points:

1. Attack attack space with confidence
2. Ball under control

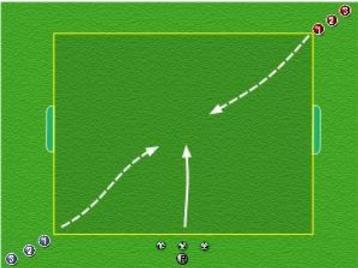
Mixed Bag (20 minutes) Warm-Up and Technique Practice

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 20yd area or ½ a gym</p>	<ul style="list-style-type: none"> Move around with ball at feet Demo homework activity, players can demo various techniques and coach each other Players should bring previous weeks skills into play. Players should attack space quickly and confidently with the ball under control On coaches cue players will execute 6 side to side passes (ball from the left foot to right foot) then dribble in a new direction. 	<ul style="list-style-type: none"> Reinforce key points Encourage players to experiment with variety of technique and speed Encourage players to attack space with speed and determination Encourage the players to feel confident with their decision making and ball control

Pirates of the Caribbean (20 minutes) Game Related Skill Activity

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area or full gym</p>	<ul style="list-style-type: none"> A player starts as the “pirate” in the middle of the area. The other players must dribble across the area (ocean) while avoiding the pirates. The pirates are allowed to run around on their feet but are restricted to the central area. Once a player’s ball (treasure) has been caught by a pirate that player becomes a pirate too. 	<ul style="list-style-type: none"> Encourage parents to join in Encourage the key points and variety in execution Players must successfully avoid the pirates to be safe. Adjust the size of the area to vary the difficulty of the activity. Progression: pirates may be free to move outside of the middle section

The Numbers Game (20 minutes) Small Sided Game

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area or full gym</p>	<ul style="list-style-type: none"> Players are split in to two balanced teams and numbered off Each team is given a corner to start from. The coach will send a ball in from the sideline and call out a number. The players with that number will then try to win the ball and score on the opponents’ goal. Play is continuous until a goal is scored, the ball is out of play or the coach calls a new number 	<ul style="list-style-type: none"> Encourage use of practiced skills (bonus points) Call more than 1 number to encourage team play. Add fun elements if needed (i.e. holding hands)

Clean up like a Puppy (2 minutes) Cool Down



Player Development Model

U7 Practice Plan

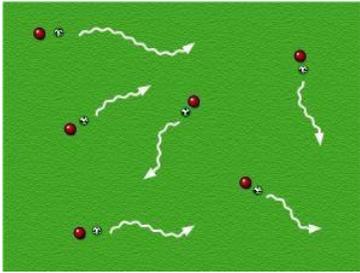


Session Theme: Dribbling the Ball – Session 5

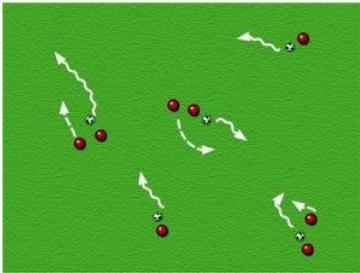
Session Objective: PWBAT use their body to protect the ball from an opponent

- Key Points:
1. Strength on the ball
 2. Make your body big
 3. A lot of tiny touches

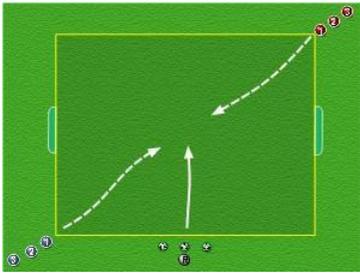
Mixed Bag (20 minutes) Warm-Up and Technique Practice

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 20yd area or ½ a gym</p>	<ul style="list-style-type: none"> Move around with ball at feet Demo homework activity (use parents or cones if needed), players can demo various techniques and coach each other Keep away from the coach – players to show how to protect the ball from the coach or parent when they come by On coaches cue players will execute 6 “rewinds” (use sole of foot to drag ball backwards, alternate feet) then dribble 	<ul style="list-style-type: none"> Reinforce key points Encourage variety of technique Encourage the players to feel confident with their decision making and ball control

Greedy Thief (20 minutes) Game Related Skill Activity

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area or full gym</p>	<ul style="list-style-type: none"> Some players start with balls some without balls, all players are thieves. The players without balls must steal a ball from someone. The players who have balls must protect it from everyone else. If your ball gets stolen, you must steal another one back from someone else. Play for 2 or 3 minutes then restart. 	<ul style="list-style-type: none"> Encourage parents to join in Encourage the key points and variety in execution Encourage players to stand their ground when a thief comes by – don’t run away, be brave and strong How long can players keep the ball for...? Who never lost it (the master thief)? Progression: reduce the # of players without a ball

The Numbers Game (20 minutes) Small Sided Game

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area or full gym</p>	<ul style="list-style-type: none"> Players are split in to two balanced teams and numbered off Each team is given a corner to start from. The coach will send a ball in from the sideline and call out a number. The players with that number will then try to win the ball and score on the opponents’ goal. Play is continuous until a goal is scored, the ball is out of play or the coach calls a new number 	<ul style="list-style-type: none"> Encourage use of practiced skills (bonus points) Call more than 1 number to encourage team play. Add fun elements if needed (i.e. holding hands) Let them play!



Player Development Model

U7 Practice Plan



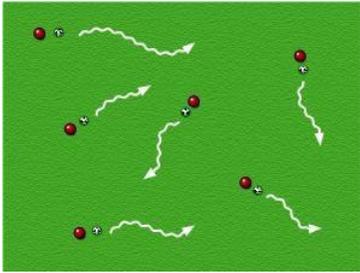
Session Theme: Dribbling the Ball – Session 6

Session Objective: PWBAT use their skill to keep the ball away from an opponent while under pressure

- Key Points:
1. Quick touches
 2. Variety of touches
 3. A lot of tiny touches

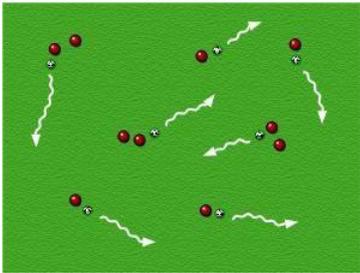
Mixed Bag (20 minutes)

Warm-Up and Technique Practice

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 20yd area or ½ a gym</p>	<ul style="list-style-type: none"> Move around with ball at feet Demo homework activity (use parents or cones if needed), players can demo various techniques and coach each other In partners – play keep away from each other for 30s On coaches cue players will execute 6 “fast-forwards” (use sole of foot to roll ball forwards, alternate feet) then dribble 	<ul style="list-style-type: none"> Reinforce key points Encourage variety of technique and tight ball control. Encourage quick touches Encourage the players to feel confident with their decision making and ball control

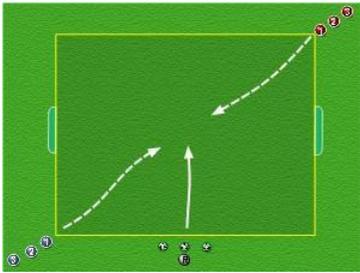
Copy Cat (20 minutes)

Game Related Skill Activity

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area or full gym</p>	<ul style="list-style-type: none"> One player starts as the “cat” in the middle without a ball. The other players with balls must dribble around the area and keep their ball away from the cat. The cat is trying to dribble a player’s ball outside of the area. Once the player’s ball has been dribbled out of the area they now have to copy the cat by helping them dribble other player’s ball out of the area. Play until all balls are out of play. 	<ul style="list-style-type: none"> Encourage parents to join in Encourage the key points and variety in execution Encourage players to stand their ground when a thief comes by – don’t run away, be brave and strong Progression: players can have two lives before they become a copy cat.

The Numbers Game (20 minutes)

Small Sided Game

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area or full gym</p>	<ul style="list-style-type: none"> Players are split in to two balanced teams and numbered off Each team is given a corner to start from. The coach will send a ball in from the sideline and call out a number. The players with that number will then try to win the ball and score on the opponents’ goal. Play is continuous until a goal is scored, the ball is out of play or the coach calls a new number 	<ul style="list-style-type: none"> Encourage use of practiced skills (bonus points) Call more than 1 number to encourage team play. Add fun elements if needed (i.e. holding hands) Let them play!

Clean up like a Baby (2 minutes)

Cool Down



Player Development Model

U7 Practice Plan



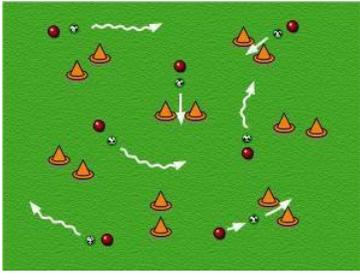
Session Theme: Passing / Receiving the Ball – Session 1

Session Objective: PWBAT pass the ball with both feet

- Key Points:
- 1 Pass with confidence
 - 2 Hit the ball
 - 3 Follow through

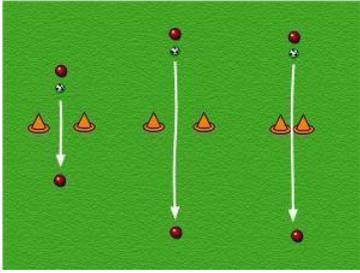
Mixed Bag (20 minutes)

Warm-Up and Technique Practice

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 20yd area or ½ a gym</p>	<ul style="list-style-type: none"> • Move around with ball at feet • Demo homework activity, players can demo various techniques and coach each other • Experiment passing ball in ahead of them as they dribble, can pass ball through targets. • On coaches cue players will practice lifting the ball with their feet (use varied techniques) then dribble 	<ul style="list-style-type: none"> • Reinforce key points • Encourage variety of technique when passing and tight ball control when dribbling. • Encourage the players to feel confident and comfortable with their technique

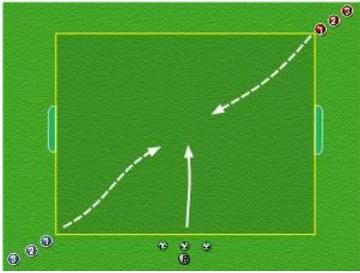
Target Practice (20 minutes)

Game Related Skill Activity

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area or full gym</p>	<ul style="list-style-type: none"> • Players pass ball to each other between targets. • After 4 successful passes they move further away from the targets. • Players to experiment with surface selection, power and placement. • How can they get the ball to travel in a straight line over a long distance...follow through...? 	<ul style="list-style-type: none"> • Encourage the key points • Encourage confidence with execution and use of both feet • Progress by increasing distance from cones or by making target smaller • Progress to having players hit a moving ball • Add a time limit or have two pairs compete with each other to add pressure

The Numbers Game (20 minutes)

Small Sided Game

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area or full gym</p>	<ul style="list-style-type: none"> • Players are split in to two balanced teams and numbered off • Each team is given a corner to start from. • The coach will send a ball in from the sideline and call out a number. The players with that number will then try to win the ball and score on the opponents' goal. • Play is continuous until a goal is scored, the ball is out of play or the coach calls a new number 	<ul style="list-style-type: none"> • Encourage use of practiced skills (bonus points) • Call more than 1 number to encourage team play. • Add fun elements if needed (i.e. holding hands) • Let them play!

Clean up like an Olympic Sprinter – on your marks...get set...go! (2 minutes)

Cool Down



Player Development Model

U7 Practice Plan



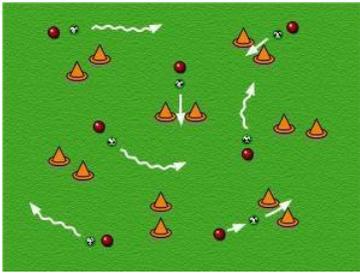
Session Theme: Passing / Receiving the Ball – Session 2

Session Objective: PWBAT pass the ball with both feet from distance while moving

- Key Points:
- 1 Pass with confidence
 - 2 Be comfortable
 - 3 Hit the ball

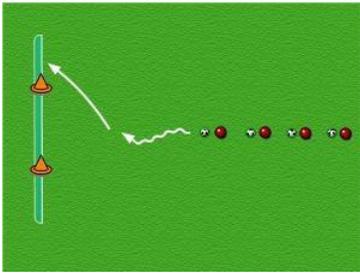
Mixed Bag (20 minutes)

Warm-Up and Technique Practice

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 20yd area or ½ a gym</p>	<ul style="list-style-type: none"> • Move around with ball at feet • Demo homework activity, players can demo various techniques and coach each other • Experiment passing ball in ahead of them as they dribble, can pass ball through targets. • On coaches cue players will pick up ball and karaoke for several seconds (move sideways while crossing legs alternately) then continue to dribble 	<ul style="list-style-type: none"> • Reinforce key points • Encourage variety of technique when passing and tight ball control when dribbling. • Encourage the players to feel confident and comfortable with their technique • See how many passes can be made in 30s.

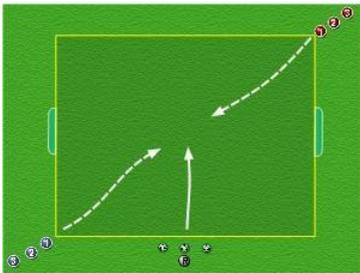
1 v 0 - Passing (20 minutes)

Game Related Skill Activity

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area or full gym</p>	<ul style="list-style-type: none"> • Play 1v0 as previously but separate target area into 3 sections (diagram) • Players attempt to hit target from about 5yds away. • Players score 2 points for hitting the corners and 1 point for hitting the center • Players now attempt to hit target from 10yds away (points are worth double) • Attempt from 15yds away (triple score) • Players repeat cycle and try to better their score 	<ul style="list-style-type: none"> • Encourage the key points • Encourage confidence with execution and use of both feet • Encourage plays to experiment with what works for them

The Numbers Game (20 minutes)

Small Sided Game

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area or full gym</p>	<ul style="list-style-type: none"> • Players are split in to two balanced teams and numbered off • Each team is given a corner to start from. • The coach will send a ball in from the sideline and call out a number. The players with that number will then try to win the ball and score on the opponents' goal. • Play is continuous until a goal is scored, the ball is out of play or the coach calls a new number 	<ul style="list-style-type: none"> • Encourage use of practiced skills (bonus points) • Call more than 1 number to encourage team play. • Add fun elements if needed (i.e. holding hands) • Let them play!

Clean up like an Octopus (2 minutes)

Cool Down



Player Development Model

U7 Practice Plan



Session Theme: Passing / Receiving the Ball – Session 3

Session Objective: PWBAT pass the ball with both feet to a team mate

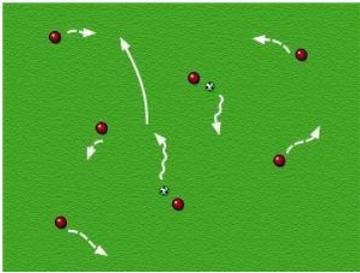
Key Points:

- 1 Pass with confidence
- 2 Be comfortable
- 3 Hit the ball

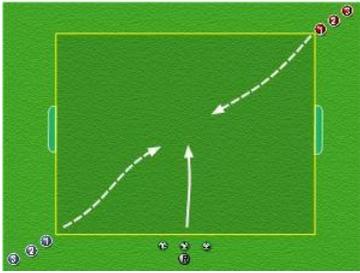
Mixed Bag (20 minutes) Warm-Up and Technique Practice

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 20yd area or ½ a gym</p>	<ul style="list-style-type: none"> • Move around with ball at feet • Demo homework activity, players can demo various techniques and coach each other • Experiment passing ball in ahead of them as they dribble, can pass ball through targets. • On coaches cue players will pick up ball and karaoke for several seconds (move sideways while crossing legs alternately) then continue to dribble 	<ul style="list-style-type: none"> • Reinforce key points • Encourage variety of technique when passing and tight ball control when dribbling. • Encourage the players to feel confident and comfortable with their technique • See how many passes can be made in 30s.

Rollin’ Rollin’ Rollin’ (20 minutes) Game Related Skill Activity

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area or full gym</p>	<ul style="list-style-type: none"> • Players a pass ball around inside area. • Players must obey the rules – ball must always be in motion, passes can only go to players who call for the ball. • Team can be promoted to 2 balls if a lot of passing success in 20s. If few successes they stay with 1 ball until they do get success • Continue with promotion to 3 or 4 balls 	<ul style="list-style-type: none"> • Encourage the key points • Encourage confidence with execution and use of both feet • There is no rush, focus on quality passes to the target • Encourage head up to read “body language” of the player they are passing too...how do they know they want the ball?

The Numbers Game (20 minutes) Small Sided Game

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area or full gym</p>	<ul style="list-style-type: none"> • Players are split in to two balanced teams and numbered off • Each team is given a corner to start from. • The coach will send a ball in from the sideline and call out a number. The players with that number will then try to win the ball and score on the opponents’ goal. • Play is continuous until a goal is scored, the ball is out of play or the coach calls a new number 	<ul style="list-style-type: none"> • Encourage use of practiced skills (bonus points) • Call more than 1 number to encourage team play. • Add fun elements if needed (i.e. holding hands) • Let them play!

Clean up like their choice of animal (2 minutes) Cool Down



Player Development Model

U7 Practice Plan



Session Theme: Passing / Receiving the Ball – Session 4

Session Objective: PWBAT receive the ball from a team mate with both feet

Key Points:

- 1 Be relaxed
- 2 Soft first touch to receive into space

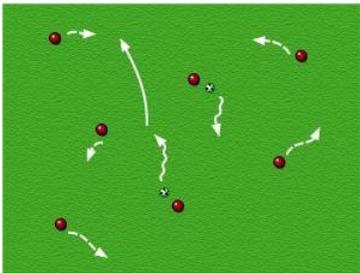
Mixed Bag (20 minutes)

Warm-Up and Technique Practice

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 20yd area or ½ a gym</p>	<ul style="list-style-type: none"> • Move around with ball at feet • Demo homework activity, players can demo various techniques and coach each other • Experiment passing ball ahead of them as they dribble, can pass ball through targets. • See how many passes can be made in 30s. 	<ul style="list-style-type: none"> • Reinforce key points • Encourage variety of technique when passing and tight ball control when dribbling. • Encourage the players to feel confident and comfortable with their technique • Encourage receiving the ball with a first touch into space

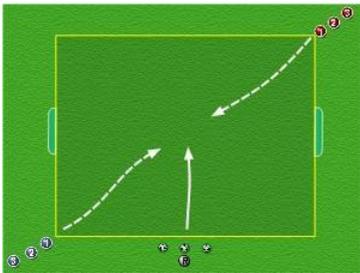
Rollin' Rollin' Rollin' (20 minutes)

Game Related Skill Activity

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area or full gym</p>	<ul style="list-style-type: none"> • Players a pass ball around inside area as in session 3 • Players must obey the rules – ball must always be in motion, passes can only go to players who call for the ball. • Team can be promoted to 2 balls if a lot of passing success in 20s. If few successes they stay with 1 ball until they do get success • Continue with promotion to 3 or 4 balls • Receive ball with variety of surfaces 	<ul style="list-style-type: none"> • Encourage the key points • Encourage confidence with execution and use of both feet • There is no rush, focus on quality passes to the target • Encourage head up to read “body language” • Encourage others to find space

The Numbers Game (20 minutes)

Small Sided Game

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area or full gym</p>	<ul style="list-style-type: none"> • Players are split in to two balanced teams and numbered off • Each team is given a corner to start from. • The coach will send a ball in from the sideline and call out a number. The players with that number will then try to win the ball and score on the opponents' goal. • Play is continuous until a goal is scored, the ball is out of play or the coach calls a new number 	<ul style="list-style-type: none"> • Encourage use of practiced skills (bonus points) • Call more than 1 number to encourage team play. • Add fun elements if needed (i.e. holding hands) • Let them play!

Clean up like their choice of vehicle (2 minutes)

Cool Down



Player Development Model

U7 Practice Plan



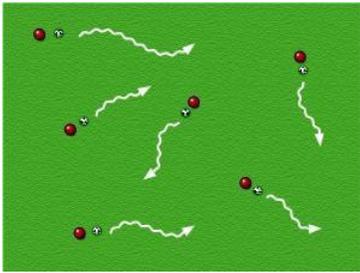
Session Theme: Finishing the Ball – Session 1

Session Objective: PWBAT use different parts of the foot to place the ball in different sides of the net

- Key Points:
- 1 Be comfortable
 - 2 Variety of techniques
 - 3 Hit the ball

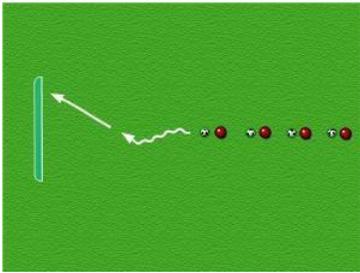
Mixed Bag (20 minutes)

Warm-Up and Technique Practice

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 20yd area or ½ a gym</p>	<ul style="list-style-type: none"> • Move around with ball at feet • Demo homework activity (use parents or cones if needed), players can demo various techniques and coach each other • Experiment shooting the ball into space or against wall using different surfaces of both feet. • On coaches cue players will execute 6 “fast-forwards” (use sole of foot to roll ball forwards, alternate feet) then dribble 	<ul style="list-style-type: none"> • Reinforce key points • Encourage variety of technique when shooting and tight ball control when dribbling. • Encourage the players to feel confident and comfortable with their technique

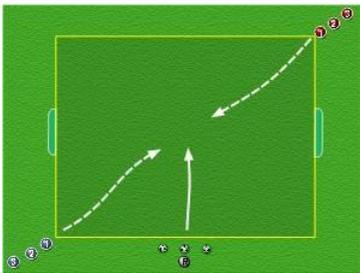
1 v 0 (20 minutes)

Game Related Skill Activity

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area or full gym</p>	<ul style="list-style-type: none"> • Players start about 20yds away from net • They dribble towards the net and shoot • They gather the ball and return to the line. • Players should experiment with shooting to the left or right of the net. • Successful players can coach others on technique. 	<ul style="list-style-type: none"> • Encourage the key points • Encourage placement to the left or right of the net • Vary shooting distance • Progression: second player can start to dribble sooner to try to score before the first player • Progression: place inactive objects in the way so players must avoid them before shooting

The Numbers Game (20 minutes)

Small Sided Game

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area or full gym</p>	<ul style="list-style-type: none"> • Players are split in to two balanced teams and numbered off • Each team is given a corner to start from. • The coach will send a ball in from the sideline and call out a number. The players with that number will then try to win the ball and score on the opponents’ goal. • Play is continuous until a goal is scored, the ball is out of play or the coach calls a new number 	<ul style="list-style-type: none"> • Encourage use of practiced skills (bonus points) • Call more than 1 number to encourage team play. • Add fun elements if needed (i.e. holding hands) • Let them play!

Clean up like a Race Car (2 minutes)

Cool Down



Player Development Model

U7 Practice Plan



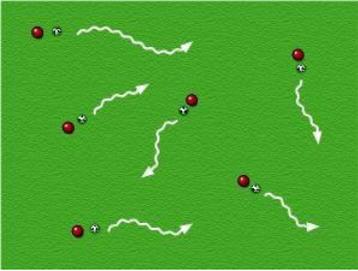
Session Theme: Finishing the Ball – Session 2

Session Objective: PWBAT use different parts of the foot to place the ball at different heights in the net

- Key Points:
- 1 Be comfortable
 - 2 Variety of techniques
 - 3 Hit the ball

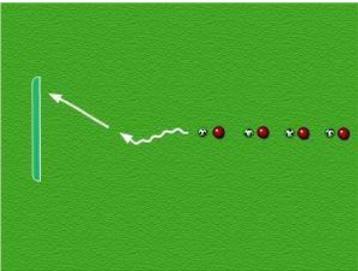
Mixed Bag (20 minutes)

Warm-Up and Technique Practice

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 20yd area or ½ a gym</p>	<ul style="list-style-type: none"> • Move around with ball at feet • Demo homework activity (use parents or cones if needed), players can demo various techniques and coach each other • Experiment shooting the ball into space or against wall using different surfaces of both feet but trying to lift it off the ground. • On coaches cue players will execute 6 side drags (use sole of foot to drag ball sideways, alternate feet) then dribble 	<ul style="list-style-type: none"> • Reinforce key points • Encourage variety of technique when shooting and tight ball control when dribbling. • Encourage the players to feel confident and comfortable with their technique

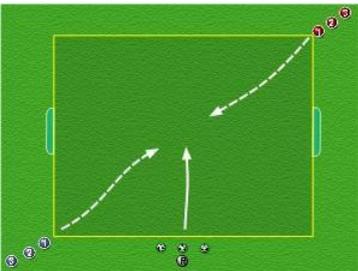
1 v 0 (20 minutes)

Game Related Skill Activity

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area or full gym</p>	<ul style="list-style-type: none"> • Players start about 20yds away from net • They dribble towards the net and shoot • They gather the ball and return to the line. • Players experiment with how to raise their shot off the ground • Successful players can coach others on technique. 	<ul style="list-style-type: none"> • Encourage the key points • Encourage a raised shot • Vary shooting distance • Progression: second player can start to dribble sooner to try to score before the first player • Progression: place inactive objects in the way so players must avoid them before shooting

The Numbers Game (20 minutes)

Small Sided Game

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area or full gym</p>	<ul style="list-style-type: none"> • Players are split in to two balanced teams and numbered off • Each team is given a corner to start from. • The coach will send a ball in from the sideline and call out a number. The players with that number will then try to win the ball and score on the opponents' goal. • Play is continuous until a goal is scored, the ball is out of play or the coach calls a new number 	<ul style="list-style-type: none"> • Encourage use of practiced skills (bonus points) • Call more than 1 number to encourage team play. • Add fun elements if needed (i.e. holding hands) • Let them play!

Clean up like a Soccer Player (2 minutes)

Cool Down



Player Development Model

U7 Practice Plan



Session Theme: Finishing the Ball – Session 3

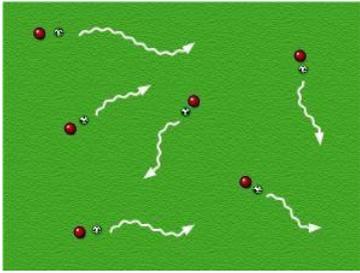
Session Objective: PWBAT finish while under pressure

Key Points:

- 1 Attack with confidence
- 2 Shoot early
- 3 Hit the ball

Mixed Bag (20 minutes)

Warm-Up and Technique Practice

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 20yd area or ½ a gym</p>	<ul style="list-style-type: none"> • Move around with ball at feet • Demo homework activity, players can demo various techniques and coach each other • Experiment beating a player, coach, cone and shooting the ball against the wall (or space in front of them). • On coaches cue players will execute 6 side drags (use sole of foot to drag ball sideways, alternate feet) then dribble 	<ul style="list-style-type: none"> • Reinforce key points • Encourage variety of technique when shooting and tight ball control when dribbling. • Encourage the players to feel confident and comfortable with their technique

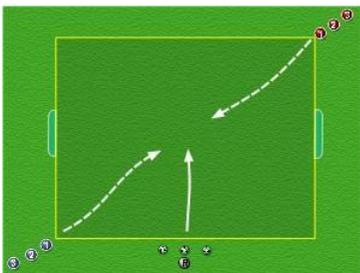
1 v 1 (20 minutes)

Game Related Skill Activity

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area or full gym</p>	<ul style="list-style-type: none"> • Players play 1v0 to net as in previous weeks • Players experiment with various types of shots • Players progress to 1v1 – the first attacker turns after their shot to become a defender for the second player 	<ul style="list-style-type: none"> • Encourage the key points • Encourage attacker to engage defender with speed, control and confidence – believe they will beat them! • Encourage attackers to shoot early (i.e. when the ball sees the net)

The Numbers Game (20 minutes)

Small Sided Game

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area or full gym</p>	<ul style="list-style-type: none"> • Players are split in to two balanced teams and numbered off • Each team is given a corner to start from. • The coach will send a ball in from the sideline and call out a number. The players with that number will then try to win the ball and score on the opponents' goal. • Play is continuous until a goal is scored, the ball is out of play or the coach calls a new number 	<ul style="list-style-type: none"> • Encourage use of practiced skills (bonus points) • Call more than 1 number to encourage team play. • Add fun elements if needed (i.e. holding hands) • Let them play!

Clean up like a Hockey Player (2 minutes)

Cool Down



Player Development Model

U7 Practice Plan



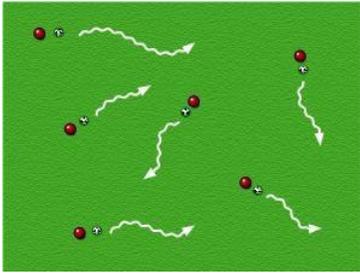
Session Theme: Finishing the Ball – Session 4

Session Objective: PWBAT finish while under pressure

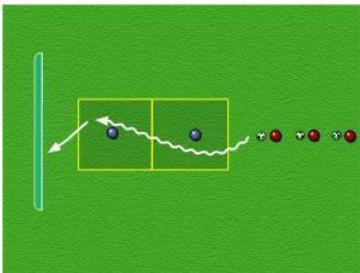
Key Points:

- 1 Attack with confidence
- 2 Shoot early
- 3 Hit the ball

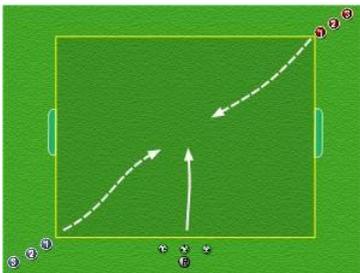
Mixed Bag (20 minutes) Warm-Up and Technique Practice

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 20yd area or ½ a gym</p>	<ul style="list-style-type: none"> • Move around with ball at feet • Demo homework activity, players can demo various techniques and coach each other • Experiment beating a player, coach, cone and shooting the ball against the wall (or space in front of them). • On coaches cue players will bounce juggle the ball (toss ball up, bounce, tap it up, bounce etc...) then dribble again. 	<ul style="list-style-type: none"> • Reinforce key points • Encourage variety of technique when shooting and tight ball control when dribbling. • Encourage the players to feel confident and comfortable with their technique

The Gauntlet (20 minutes) Game Related Skill Activity

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area or full gym</p>	<ul style="list-style-type: none"> • Players play 1v1 to net as in previous weeks • Players experiment with various types of shots • Play progresses to 1v1v1 (gauntlet), must beat 1 defender followed by a second defender (defenders are restricted to area) 	<ul style="list-style-type: none"> • Encourage the key points • Encourage attacker to engage defender with speed, control and confidence – believe they will beat them! • Encourage attackers to shoot early (i.e. when the ball sees the net)

The Numbers Game (20 minutes) Small Sided Game

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area or full gym</p>	<ul style="list-style-type: none"> • Players are split in to two balanced teams and numbered off • Each team is given a corner to start from. • The coach will send a ball in from the sideline and call out a number. The players with that number will then try to win the ball and score on the opponents' goal. • Play is continuous until a goal is scored, the ball is out of play or the coach calls a new number 	<ul style="list-style-type: none"> • Encourage use of practiced skills (bonus points) • Call more than 1 number to encourage team play. • Add fun elements if needed (i.e. holding hands) • Let them play!

Clean up like the coach (2 minutes) Cool Down



Player Development Model

U7 Practice Plan



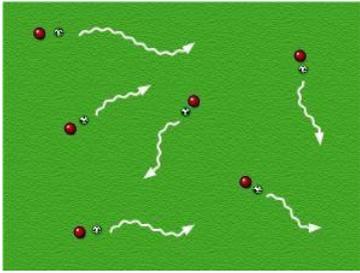
Session Theme: Finishing the Ball – Session 5

Session Objective: PWBAT finish while under pressure

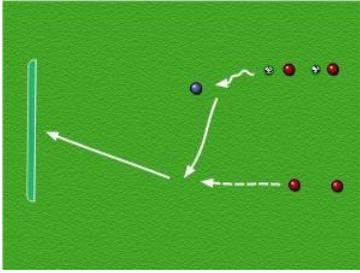
Key Points:

- 1 Attack with confidence
- 2 Quick decisions

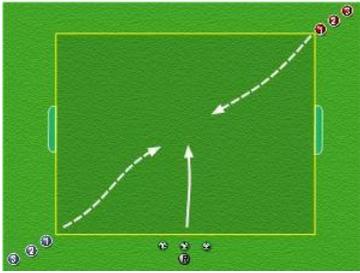
Mixed Bag (20 minutes) Warm-Up and Technique Practice

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 20yd area or ½ a gym</p>	<ul style="list-style-type: none"> Move around with ball at feet Demo homework activity, players can demo various techniques and coach each other Experiment beating a player, coach, cone and shooting the ball against the wall (or space in front of them). On coaches cue players will bounce juggle the ball (toss ball up, bounce, tap it up, bounce etc...) then dribble again. 	<ul style="list-style-type: none"> Reinforce key points Encourage variety of technique when shooting and tight ball control when dribbling. Encourage the players to feel confident and comfortable with their technique

2 v 1 (20 minutes) Game Related Skill Activity

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area or full gym</p>	<ul style="list-style-type: none"> Players play 1v1 to net as in previous weeks Players experiment with various types of shots Play progresses to 2v1 Attacker dribbles and shoots if they have space or passes if under pressure Supporting player stays open to receive ball Players rotate – attacker, defender, supporter, get ball 	<ul style="list-style-type: none"> Encourage the key points Encourage attacker to judge when to shoot, pass or dribble Encourage attackers to shoot early (i.e. when the ball sees the net)

The Numbers Game (20 minutes) Small Sided Game

Activity Details	Player Tasks	Coaching Tasks
 <p>20yd x 30yd area or full gym</p>	<ul style="list-style-type: none"> Players are split in to two balanced teams and numbered off Each team is given a corner to start from. The coach will send a ball in from the sideline and call out a number. The players with that number will then try to win the ball and score on the opponents' goal. Play is continuous until a goal is scored, the ball is out of play or the coach calls a new number 	<ul style="list-style-type: none"> Encourage use of practiced skills (bonus points) Call more than 1 number to encourage team play. Add fun elements if needed (i.e. holding hands) Let them play!

Clean up like any noun they want to be (2 minutes) Cool Down